



Leeds Postal Harriers, PO Box 115, Royal Mail House, Wellington Street, Leeds LS1 1LA.

NEWSLETTER - DECEMBER 1992

The nights are getting longer, the weather is getting colder and there's a hint of snow in the air. Sensible people are sat around their firesides with something warm inside them. But our thoughts turn to the practice of donning vest and shorts on a cold, frosty Sunday morning and running up to our knees in mud, up hill and down dale, not to mention the odd stream.

YES FOLKS! IT'S THE CROSS COUNTRY SEASON AGAIN

Our league has now been renamed the Sport Direct Cross Country League (after the demise of Sports Feet) and the first race is on Sunday 20th December. It takes place at Kippax Sports Centre starting at 11.00. Anyone who needs a lift or someone to follow please meet at the LPSA Club in time to leave at 09.45.

This year a few rule changes have taken place and registration will close at 10.45 at each race to ensure a prompt start. Second claim members can now take part, only on the understanding that they don't represent their first claim club at cross country.

Cross Country League Dates

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|-------------------|--------------------------------------|
| 20th December '92 | Kippax |
| 24th January '93 | Ackworth |
| 7th February '93 | Postal (probably Bramley Fall again) |
| 21st February '93 | STAC (Temple Newsam) |
| 14th March '93 | Dewsbury |

Christmas Party

After training on Monday 21st December we will be having a Party and Quiz Night in the LPSA Club starting at approx. 8.45. Everyone is welcome, families included. If you have not already said you're coming can everyone please bring something towards the supper (sandwiches, mince pies etc.)

Diary Dates

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|--------------------|---|
| Mon. 21st December | Christmas Party & Quiz at club 8.30 |
| Boxing Day | Chevin Chase (Aireborough Sports Centre - entries on day) |
| Sun. 17th January | Post Office Cross Country (York University 14.00) |

COMING IN THE NEW YEAR - more Quasar, more bowling.

Anyone wanting further information can contact me (Alan) on 0532 637955 (Home) or 0924 294219 (Work).

AND FINALLY - A Merry Christmas and a Happy (injury-free) 1993 to all our readers.